

## CLAIMS

### I claim:

1. A sock particularly adapted for use in Yoga exercises, Pilate exercises,  
5 stretching and other mat-based exercises, comprising:  
a sock made of a natural, plastic or synthetic fiber,  
said sock having an open front end with webbings extending across the  
open front end from a top of the sock to a bottom or sole of the sock to provide  
openings through which the toes of a user can extend, and  
10 said sock having a layer of a rubbery substance on the bottom or sole of the  
sock which has a sticky or friction characteristic to enable the sock to grip a floor or  
mat when used by an exerciser, with or without the use of a mat, and to allow the  
toes to be exposed for tack or gripping functions.
- 15 2. The sock of claim 1, wherein said layer of a rubbery substance is a closed  
cell PVC vinyl material.
3. The sock of claim 1, wherein said layer of a rubbery substance a vinyl  
sponge foam material with a sticky soft surface providing a non-slip function.  
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4. The sock of claim 1, wherein said layer of a rubbery substance which is  
fixed to the bottom or sole of the sock has a thickness between 0.065 inch and  
0.25 inch.
- 25 5. The sock of claim 4, wherein the thickness of said layer of a rubbery  
substance is approximately 0.125 inch.
6. The socks of claim 1, wherein the sock has four spaced apart webbings  
extending across the open front end between the top of the sock to the bottom or  
30 sole of the sock to provide five specific toe hole openings in the front end of the  
sock for receiving the toes of a user.